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COOKBOOKS FOR DIABETICS

SELECTED ANNOTATIONS

July 1979

DEPARTMENT OF HEALTH, EDUCATION, AND WELFARE
PUBLIC HEALTH SERVICE • NATIONAL INSTITUTES OF HEALTH
NATIONAL INSTITUTE OF ARTHRITIS, METABOLISM, AND DIGESTIVE DISEASES

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PREFACE

This bibliography has been prepared as a resource for health care providers, health educators, dieticians, volunteers, and others who are interested in preparing meals for persons with diabetes. No attempt has been made to assess the value of the entries, nor does their inclusion imply endorsement by the National Institute of Arthritis, Metabolism, and Digestive Diseases. This listing represents an overview of materials available on this subject; it is not intended to be exhaustive. Since the Clearinghouse does not distribute materials, please contact the source indicated. The Clearinghouse welcomes your comments, inquiries, and additional materials.

Explanatory Notes

1. All bibliographic citations (including punctuation and abbreviations) are based on National Library of Medicine indexing practices and the American National Standard for Bibliographic References.

2. Abbreviations Used:

[anon.]:	anonymous
ed.:	edition; editor
[n.d.]:	date unknown

3. Large Print: type size 16 pt. or larger; recommended by the National Accreditation Council for Agencies Serving the Blind and Visually Impaired.

COOKBOOKS FOR DIABETICS

SELECTED ANNOTATIONS

1. The ABC's of Diabetic Cooking and Dining. J. Helsel; E. Lansing. New York: Dell Ivy; 1979. 96 p.

This spiral-bound cookbook simplifies the problem of food choices for the diabetic. Exchange values accompany the recipes which range from fruit shakes to gazpacho to Mediterranean fish stew. There are instructions for stocking a diabetic's kitchen with staple items and sample menus for the week. Also included are exchange values for fast-foods listed by brand name and a checklist for what to order and what to avoid in each food group when eating in a restaurant.

Price: $1.95.

Source: Dell Ivy Books; 245 East 47 Street; New York, NY 10017. (212) 832-7300.

2. The Art of Cooking for the Diabetic. K. Middleton; M. A. Hess. Chicago: Contemporary Books; 1978. 372 p.

The 300 fully calculated recipes are based on the ADA's revised "Food Exchange System." A short glossary precedes an explanation of the diabetic diet. A section entitled "Living with Diabetes" offers information about sugar substitutes, food shopping, eating out, and physical activity.

Price: $5.95/paperback; $12.95/hardback plus $0.60 postage. (Illinois residents add 5 percent sales tax. California residents add 6 1/2 percent sales tax.)

Source: Contemporary Books, Inc.; 180 North Michigan Avenue; Chicago, IL 60601. (312) 782-9181.

3. Better Meals for You with Low Calorie Gourmet Recipes. J. James; B. Kraus. Cleveland: Diabetes Association of Greater Cleveland; 1977. 48 p.

This booklet offers 87 gourmet recipes that use neither artificial ingredients nor additives. Most recipes are planned for one or two servings for one family member or for a person living alone. A recipe for a natural sweetener, developed by the authors, is given. Sample recipes include apple charlotte, strawberry smoothie, and cobbler topping.

Price: $3.00.

Source: Diabetes Association of Greater Cleveland; 2022 Lee Road; Cleveland, OH 44118. (216) 371-3301.

4. The Calculating Cook: A Gourmet Cookbook for Diabetics and Dieters. J. Jones. San Francisco: 101 Productions; 1972. 192 p.

Gourmet recipes for diabetics and dieters are provided in this illustrated cookbook. Information about the exchange system and lists of substitutes for each category are given. Alcoholic beverages and menu planning are discussed and sample menus furnished.

Price: $4.95/paperback.

Source: Charles Scribner's Sons; Book Warehouse; Vreeland Avenue; Totowa, NJ 07512. (201) 256-0700.

5. Comidas Hispana en Dietas Diabetica. [anon.]. Milwaukee: Visiting Nurse Association; 1975. 53 p.

This illustrated booklet for diabetic and reducing diets was prepared to aid in the teaching of Spanish-speaking people in the Milwaukee area. Food groups and substitutes are listed in both Spanish and English. Recipes are provided.

Price: $2.00 plus $0.60 postage.

Source: Visiting Nurse Association; 1540 North Jefferson; Milwaukee, WI 53202. (414) 276-2295.

6. The Comprehensive Diabetic Cookbook. D. J. Kaplan. New York: Frederick Fell; 1977. 211 p.

The scope of this cookbook provides the diabetic with a widely varied diet without sacrificing control of calories and compostion. Individual food items in terms of calories, protein, carbohydrate, and fat composition and their relationships within the exchange lists are presented. Recipes have been approved by the American Diabetes Association.

Price: $4.95/paperback; $9.95/hardback.

Source: Frederick Fell, Inc.; 386 Park Avenue, South; New York, NY 10016. (212) 685-9017.

7. Cook 'N Count. D. Bjarnason, ed. Washington, D.C.: Washington D.C. Area Affiliate; 1978. 201 p.

These recipes are family-favorites submitted by friends and members of the Washington, D.C. Area affiliate of the American Diabetes Association. Each has been calculated in calories, grams and exchanges to facilitate use within the individual meal plan. A sugar substitutes list is included. An index is provided.

Price: $5.95 plus $0.55 postage.

Source: American Diabetes Association, Washington, D.C. Area Affiliate, Inc.; 7961 Eastern Avenue; Silver Spring, MD 20910. (301) 588-7750.

8. Cookbook for Diabetics. G. Maddox, ed. American ed. New York: Taplinger; 1967. 150 p.

Originally prepared for diabetics in Canada, this illustrated book consists of recipes collected from dieticians and members of the Canadian Dietetic Association. The recipes are suitable for family use, and exchange values are given for single servings. Chapters include relishes and appetizers, casseroles, desserts, parties, soft diets, canning and freezing among others.

Price: $2.95/paperback.

Source: Taplinger Publishing Company, Inc.; 200 Park Avenue, South; New York, NY 10003. (212) 533-6110.

9. Cooking for the Wayward Diabetic and Others on Special Diets. L. MacLeod. Levittown: Transatlantic Arts; 1971. 104 p.

Ideas for packed meals for traveling and recipes for meats, vegetables, sweets, and pastries are provided. Published in England, this book includes a variety of foods that may be unusual to the American cook, such as rhubarb pudding, lemon curd, and calf's head. An index is included.

Price: $6.25/hardback.

Source: Transatlantic Arts, Inc.; North Village Green; Levittown, NY 11756. (516) 735-4777.

10. Desserts for Diabetics and Dieters. S. Binet. Montreal: Gage Publishing; 1977. 128 p.

The calories, number of servings, and exchange values are listed for each of 150 desserts. Angelic cheesecake, peach souffle, and imperial lemon cream are among the recipes offered. An index is provided.

READEX FICHE

Price: $4.95/paperback; $8.95/cloth.

Source: Vanguard Press; 424 Madison Avenue; New York, NY 10017. (212) 753-3906.

11. Diabetic Cookbook. G. Thibaudeau. 2d ed. Montreal: Gage Publishing; 1975. 176 p.

This cookbook provides the diabetic with recipes for main courses, vegetables, desserts, sauces, and salad dressings. Each recipe lists the number of exchanges for one portion. A discussion on the exchange lists and helpful hints for eating sensibly while away from home are provided. The first edition is available in French.

Price: $4.95/paperback; $7.95/cloth.

Source: Vanguard Press; 424 Madison Avenue; New York, NY 10017. (212) 753-3906.

12. The Diabetic Gourmet. A. J. Bowen. New York: Harper & Row; 1970. 156 p.

Recipes in this illustrated book are oriented toward family meal plans, and the use of exchange lists is stressed. Weights are included for those requiring strict control, and carbohydrate, protein, and fat content for individual ingredients are listed. Recipes and meal plans which utilize unsaturated fats are emphasized. A list of ADA affiliates is included.

Price: $2.95/paperback; $10/hardback.

Source: Harper and Row; 10 East 53rd Street; New York, NY 10022. (212) 593-7000.

13. The Diabetic Gourmet Cookbook. G. Beer; P. Davies. New York: Sterling; 1975. 121 p.

This cookbook, written for the English gourmet, contains recipes that are high in protein and low in carbohydrates. Chapters include recipes for fish, meat, salads, vegetables, puddings, ices and ice creams, cakes, pastries and biscuits, and beverages. An index is provided.

Price: $8.95/hardback.

Source: Sterling Publishers; 2 Park Avenue; New York, NY 10016. (212) 532-7186.

14. Diabetic Meal Planning Made Easy. M. White. Nashville: L & M Enterprises; 1978. 36 p.

This guide can be used to develop menus in accordance with the exchange system of foods. A 30-day meal plan based on a 1500-calorie-a-day diet, instructions for adjusting to other caloric diets, recipes, and a list of diabetic cookbooks are included.

Price: $3.25/10 or less; $2.93/11-49; $2.76/50-99; $2.60/100 or more. (Tennessee residents add $0.20/book.)

Source: L & M Enterprises; Box 90131; Nashville, TN 34209. (615) 352-5877.

15. Diabetic Soups. S. Binet. Montreal: Gage Publishing; 1977. 172 p.

A wide range of exotic and traditional soups is offered: cream, potage, beef broth, bisque, and more. Calories, number of servings, and exchange values are given for each recipe. Exchanges for commercial soups are also listed.

Price: $4.95/paperback; $8.95/cloth.

Source: Vanguard Press; 424 Madison Avenue; New York, NY 10017. (212) 753-3906.

16. Diet Delight Cookbook for Diabetic Children: and Their Parents Too! J. Jones. San Francisco: California Canners and Growers; [n.d.]. 35 p.

In addition to a collection of recipes for breakfast, lunch, dinner, snacks, and parties, this illustrated cookbook lists the different exchange groups, gives approximate carbohydrate, protein, and calorie content of each group, and provides a list of exchanges.

Price: Free.

Source: California Canners and Growers Cookbook Department; 3100 Ferry Building; San Francisco, CA 94106. (415) 981-0101.

17. Diet for a Happy Heart. J. Jones. Totowa, NJ: Scribners; 1975. 192 p.

Low cholesterol, low saturated fat, sugar-free menus based on a diabetic diet program are provided. Recipes are designed for a balanced, sugar-free diet, applicable to all calorie levels in this illustrated book.

Price: $4.95/paperback; $7.95/hardback.

Source: Charles Scribner's Sons; Book Warehouse; Vreeland Avenue; Totowa, NJ 07512. (201) 256-0700.

18. La Dieta Diabetica: The Diabetic Diet in Spanish. E. Vossen; T. Bush; A. Din; O. Lasker; M. A. Patino. 2d ed. Santa Monica: California Dietetic Association; 1977. 34 p.

This translation of the new "Exchange Lists for Meal Planning" includes information on a wide variety of foods found in American Spanish-speaking communities. It contains a simplified meat list to facilitate teaching and translation into Spanish. Information is provided in both English and Spanish. Carbohydrate, protein, fat, and calorie content for each recipe and for one serving are provided. A short bibliography is included.

Price: $2.75/1-24; $1.75/25 or more. (California residents add 6 percent sales tax.)

Source: Los Angeles District, California Dietetic Association; P.O. Box 3506; Santa Monica, CA 90403. (213) 394-7375.

19. Dining with Your Diabetic Child. C. Briggs. Salt Lake City: Kerry and Christy Briggs; 1978. 79 p.

Among the 50 recipes included are ones for soups, casseroles, salads, meat dishes, seafood, chicken, syrups, and gelatins. Six weeks of complete dinner plans are provided. The recipes are approved by the patient education committee of the ADA, Utah Affiliate, Inc.

Price: $4.95 plus $0.50 postage.

Source: Ms. Christy Briggs; P.O. Box 21082; Salt Lake City, UT 84121.

20. Discovery Cookbook. [anon.]. Wichita: Kansas Affiliate; 1978. 94 p.

This spiral-bound book will stand on the counter for easy reading. Carbohydrate, protein and fat values in grams are provided for each item in the recipe, the total recipe, and in the suggested serving size. Sugar substitutes are compared and information about the exchange lists is given.

Price: $3.50 plus $0.50 postage.

Source: American Diabetes Association, Kansas, Affiliate, Inc.; 2313 East Central; Wichita, KS 67214. (316) 265-6671.

21. Eat and Stay Slim. Better Homes and Gardens Books. 1st ed. New York: Meredith Press; 1968. 96 p.

This illustrated book emphasizes the importance of calorie counting. The dieter chooses food items and tabulates calories for a balanced diet. The food exchange system is explained; color coding and cross references help clarify the system. Menu plans for different daily caloric intakes are provided. Recipes are included. Tips for eating out and carrying lunches are given. Exercises are illustrated.

Price: $2.95/paperback; $3.95/hardback.

Source: Better Homes and Gardens Books; Division of Meredith Corp.; 1716 Locust Street; Des Moines, IA 50336. (515) 284-9011.

22. Enjoying Food on a Diabetic Diet. E. M. Meyer. Garden City, NY: Doubleday; 1974. 227 p.

This book includes more than 200 recipes and advice on shopping, entertaining, eating out, menu-planning, and budget-minding. Appendices include the diabetic food exchange list, sample menus for an ordinary week, and a list of artificial sweeteners.

Price: $3.50/paperback.

Source: Doubleday & Company, Inc.; 501 Franklin Avenue; Garden City, NY 11530. (516) 294-4561.

23. Exchanges for Special Occasions. [anon.]. Minneapolis: Diabetes Education Center; 1972. 24 p.

This booklet was developed to help the diabetic enjoy occasional treats and to add diversity to his/her meal plan. Menus for special holidays and parties are also included.

Price: $1.00.

Source: Diabetes Education Center; 4959 Excelsior Boulevard; Minneapolis, MN 55416. (612) 920-6742.

24. Feast on a Diabetic Diet. E. Gibbons; J. Gibbon. Revised ed. Greenwich, CT: Fawcett; 1978. 314 p.

Recipes for the diabetic and non-diabetic alike are included in chapters such as: Vegetables, Salads, and Herbs; Main Dish Delights; To Exercise Your Sweet Tooth; and The Diabetic Camper. With the aid of a gram scale and a food table, which is provided, diabetics can develop menus and recipes that correspond with the diabetic diet. There is an appendix for books, equipment, and supplies.

Price: $2.50/paperback.

Source: Fawcett Books; 1515 Broadway; New York, NY 10036. (212) 975-4321.

25. Fruit Fix-ups. A. Larson; M. Hargrave; M. Lavelle; M. Olson. Minneapolis: Diabetes Education Center; 1971. 31 p.

Fifty ways to use and extend the fruit exchanges are provided in this colorful, illustrated booklet. Recipes include snacks, desserts, salads, and beverages among others. Exchange values for all recipes are indicated.

Price: $1.50.

Source: Diabetes Education Center; 4959 Excelsior Boulevard; Minneapolis, MN 55416. (612) 920-6742.

26. Gourmet Recipes for Diabetics: The International Diabetic Diet Book. D. T. Revell. Springfield, IL: Charles C. Thomas; 1971. 181 p.

In addition to discussions of the diabetic diet, exchange lists, convenience foods, and alcoholic beverages, this book offers recipes ranging from soups and salads to main dishes and desserts. International recipes are included.

Price: $11.00/hardback.

Source: Charles C. Thomas Publisher; 301-327 East Lawrence Avenue; Springfield, IL 62717. (217) 789-8980.

27. Look 'N Cook. I. Erickson. Willmar, MN: Maracom/Color Press; 1974. 240 p.

Scandanavian recipes are featured in this spiral-bound cookbook. Designed for the visually handicapped, this large print collection includes a chapter of recipes for diabetics. The number of exchanges for one serving is provided for each recipe in this section.

Price: $6.95 plus $0.60 postage.

Source: Look N' Cook; Box A; Willmar, MN 56201. (612) 235-3300.

28. MMC Presents: Recipes for Diabetic Diets and Weight Reduction Diets. [anon]. Minneapolis: Metropolitan Medical Center; 1970. 106 p.

This collection provides recipes for main dishes, salads, salad dressings, jellies, sauces, desserts, and beverages. Each recipe

contains the number of exchanges. Suggestions for luncheon plates and lunch boxes are offered.

Price: $2.00.

Source: Metropolitan Medical Center; 900 South Eighth Street; Minneapolis, MN 55404. (612) 347-4444

29. Menu Magic for Diabetics. B. D. Cohen; A. E. Quigley. In: M. B. Salmon; A. E. Quigley, ed. *Enjoying Your Restricted Diet*. Springfield, IL: Charles C. Thomas; 1972. 307 p.

This chapter includes information on exchange lists, diabetic menus, travel, and restaurants, as well as recipes for the diabetic.

Price: $12.50/hardback.

Source: Charles C. Thomas, Publisher; 301-327 East Lawrence Avenue; Springfield, IL 62717. (217) 789-8980.

30. Menu Magic with Exchanges. [anon.]. Minneapolis: Diabetes Education Center; 1978. 61 p.

The 55 recipes in this booklet encourage flexibility when preparing main dishes. Carbohydrate, fat, and protein values for each recipe are listed. The number of servings and exchanges for each portion is given.

Price: $1.50.

Source: Diabetes Education Center; 4959 Excelsior Boulevard; Minneapolis, MN 55416. (612) 920-6742.

31. Packed Lunches. Breakfast Treats. Salads. Main Dishes. Desserts. [anon.]. Chicago: Greater Chicago and Norther Illinois Affiliate; 1975. 5 p.

Practical and inexpensive ideas for packed lunches are provided in this information package for the diabetic. Recipes include cheese french toast, tomato aspic salad, and sweet and sour sauce among others. Exchange values for one serving are given, and food values including carbohydrate, protein, fat, and calorie content are outlined for each recipe.

Price: $2.50/100 sheets.

Source: American Diabetes Association, Greater Chicago and Northern Illinois Affiliate, Inc.; 620 North Michigan Avenue; Chicago, IL 60611. (312) 943-8668.

32. Preparation of Foods. In: S. Vanderpoel. *The Care and Feeding of Your Diabetic Child*. New York: Frederick Fell; 1974. 215 p.

This book helps the parents of newly diagnosed juvenile diabetics guide the treatment of this metabolic disorder. The chapter on food preparation offers a variety of recipes. Sample meal plans are given; and the calories, protein, fat, and carbohydrate content of each item is listed. Packaged food is discussed.

Price: $6.95/hardback.

Source: Frederick Fell, Inc.; 386 Park Avenue, South; New York, NY 10016. (212) 685-9017.

33. Recipes for Diabetics. B. Little; P. L. Thorup. New York: Grosset and Dunlap; 1972. 240 p.

This collection offers a variety of unusual and basic recipes which have been kitchen tested and used for hospital patients on diabetic diets. Each recipe has been calculated to include the caloric content and the exchange-group breakdown for each measured individual serving. Helpful hints for restaurant dining and preparation of box lunches are included.

Price: $7.95/hardback.

Source: Grosset and Dunlap, Inc.; 360 Park Avenue, South, 13th Floor; New York, NY 10010. (212) 689-9200.

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